



## Winter Wellness Week

Mayor Jill Boudreau will hold the 3rd annual winter edition to the Mayor's Wellness Challenge during the week of January 22-28. There will be FREE daily activities for the entire community.

Activities include restorative yoga, Winter Skies at the Planetarium, a Celtic instrumental quartet, living will workshop, homeopathic acute care class, and the return of the always popular downtown Illuminight Winter Walk!

For event details, visit <http://www.mountvernonwa.gov> and click on the Mayor's Wellness Challenge logo or "like" the Mount Vernon Wellness Challenge page on Facebook.

Join Mayor Boudreau in committing to a healthy lifestyle in 2017 and creating a better place to live, work, and play!

## OFFICER McCLAUGHRY UPDATE



Officer McCloughry continues to show signs of improvement but still has a long road to full recovery. We can't thank the community enough for the continued support of Officer McCloughry and his family during this unexpected situation.

Below is a link to an upcoming event to help Officer McCloughry and his family. We will advise of upcoming events in the future.

<http://www.lincoltheatre.org/node/1312>

During the past three weeks the community has also blessed our department with unbelievable care and support. We have received hundreds of well-wishing cards, food and snacks as well as personal moments of thanks and appreciation. This has been a difficult time for us all and we recognize this event has affected everyone in some way.

The City of Mount Vernon is dedicated to moving forward to find our new normal together as a community and encourage the citizens of Mount Vernon to contact us with questions or neighborhood needs.

